



Indian Face Massage - Home Care Advice

- Drink plenty of natural, still water or herbal teas, within the first 24 hours after treatment. This will promote the elimination of toxins and should prevent the occurrence of post treatment headaches.
- Eat a light diet to help the cleansing process. Fruits and vegetables, raw if possible are ideal. This may be a good time to re-think dietary habits.
- Allow yourself to rest after treatment, both mentally and physically. This encourages the healing process. A warm bath with relaxing music would be ideal.
- Let your body tell you what it wants to do. (If you feel tired, have a sleep, If you feel energetic, go for a light walk)
- In order to retain the new muscle tone and texture of the skin, treatments are recommended initially at weekly intervals for 8 weeks to get the skin to an optimum condition followed by monthly maintenance sessions.
- Make a note of any reactions you may have after the treatment for up to 12 hours, so that your Therapist can be aware of how your body has reacted to the treatment.

Possible Healing Reactions

- **Aches within facial muscles:** This is due to the release of toxins, the nerve fibres are responding to the work undertaken.
- **Your face** may temporarily appear to be red and puffed up, this is a good sign. It will balance out after a few hours of the treatment.
- **Tiredness:** This is due again to the release of toxins, which flood the system. Due also to the initiation of healing energies, which requires the body to rest in order to help the healing process. The tiredness experience after the massage is usually replaced by an invigorated and refreshed feeling soon after the treatment.
- **Heightened Emotional State:** This is the cleansing of the mind and emotions due to re-balancing of the body's energy centres and also the balancing of the sympathetic and parasympathetic systems. (Fight or Flight / Rest & Digest)

Indian Face Massage has many benefits including:

- Improvement in skin tone
- Deep relaxation effect
- Lessens wrinkles and expression lines
- Softens skins
- Releases tension
- Increases elasticity
- Promotes better blood circulation
- Promotes lymphatic circulation
- Improves sinus congestion
- Reduces headaches
- Relieves eyestrain

If you do experience any of the above, don't worry these contra actions are quite normal, they will soon pass. But if you do have any concerns please feel free to contact me.